

TALLAHASSEE

Individual Activity Log: Step It Up! GET ACTIVE! BE HEALTHY!

Name:

Team Name:

Directions: Record the number of steps you engage in each day. Then, log onto the Step IT Up! website (<http://cms.leoncountyfl.gov/step/>) and record the previous weeks activity time by 11:59 p.m. each Wednesday.

You may also report any successes you have had such as feeling better, sleeping better or even walking more at the success stories link (<http://cms.leoncountyfl.gov/step/Resources/Success-Stories>)

Light physical activity averages approximately 100 steps per minute of activity.

Moderate physical activity averages approximately 150 steps per minute of activity.

Vigorous physical activity averages approximately 200 steps per minute of activity.

<http://www.purdue.edu/walktothemoon/activities.html>

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Sunday								
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								



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